

**0** Compressed Accordion

(1,6,11,16,21,26,31)

**5** Opposed Crank

(4,9,14,19,24,29,34)

**2** Swiss Bear

(2,7,12,17,22,27,32)

(inter)

360 ALL

(inter)

360° ALL

Opposed Crank

(5,10,15,20,25,30,35)

Swiss Bear

(3,8,13,18,23,28,33)